



# Blueberries Miinagaawanzh

Delicious fruits of  
our homeland

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August 2019 Lunch and Learn

# Blueberries

Low in calories, high in nutrition

- Fiber
- Vitamin C
- Vitamin K
- Manganese



# Blueberries

## Beneficial to our Health

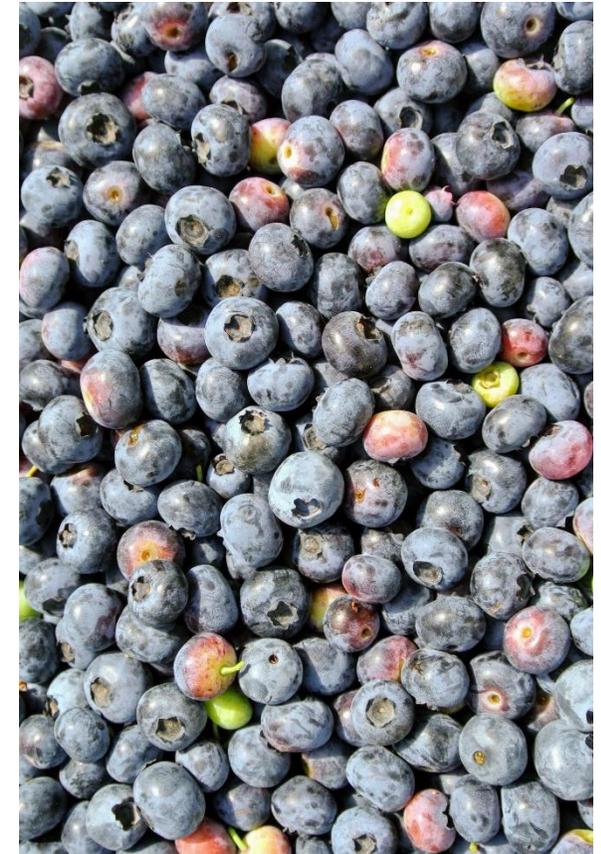
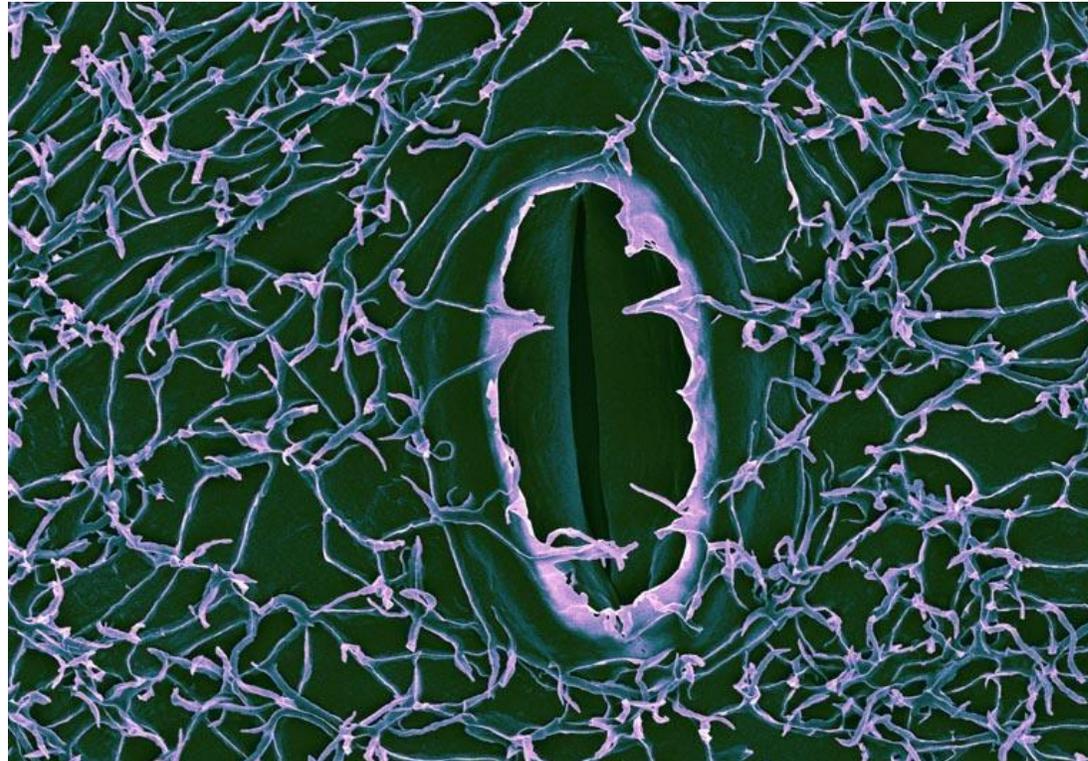
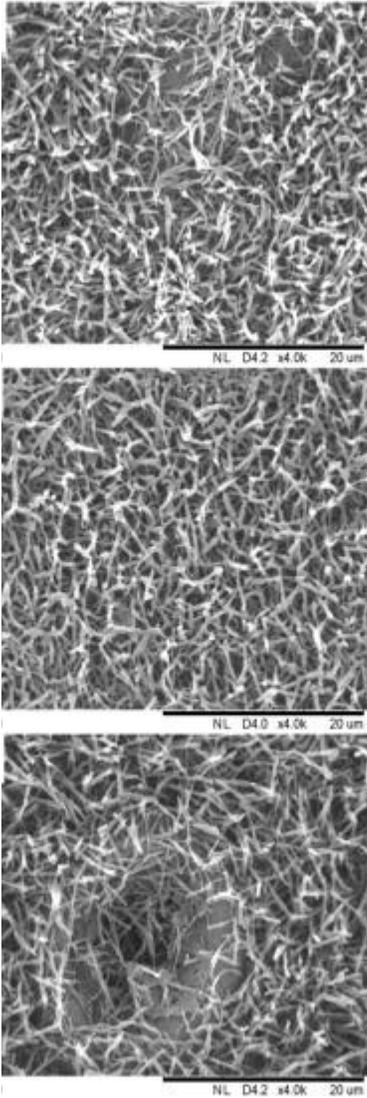
- Antioxidants abundant
- Protections against cancers and aging
- Prevents heart disease
- Lowers blood pressure
- Maintains healthy brain function – memory improved
- Anti-diabetic effects
- Fights urinary tract infections
- Reduces muscle damage after strenuous exercise
- Reduces inflammation





The silvery sheen found on the skin of blueberries is a naturally occurring compound known as the "**bloom**," it acts as a barrier against insects and bacteria and helps to seal in moisture.

The **bloom** is also a sign of freshness, since it fades with time and handling

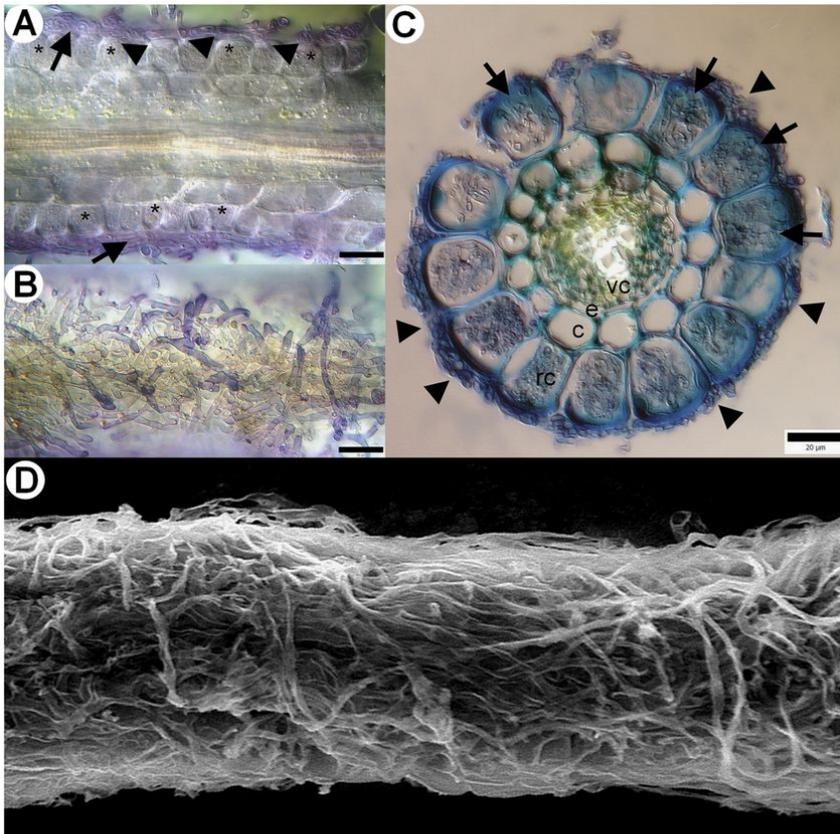


## Ericoid mycorrhiza

an important adaptation to acidic and nutrient poor soils

Both fungus and blueberry are benefitted.

Relationship began 140 million years ago



Blueberry  
miinagaawanzh  
*Vaccinium corymbosum*

*Most common commercially grown  
blueberry*



Blueberry  
miinagaawanzh  
*Vaccinium angustifolium*



Blueberry  
miinagaawanzh  
*Vaccinium myrtilloides*



Blueberry  
miinagaawanzh  
*Vaccinium pallidum*



Huckleberry  
miinan  
*Gaylussacia bacata*



Bilberry

miinan

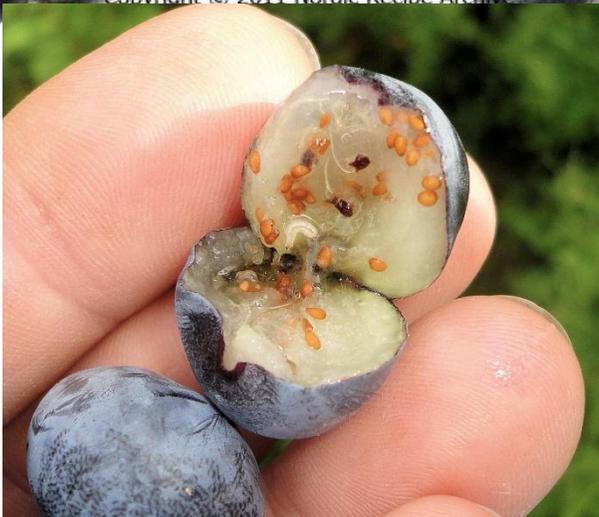
*Vaccinium membranaceum*



Bilberry

miinan

*Vaccinium cespitosum*



Bilberry

miinan

*Vaccinium uliginosum*

*Grows in bogs*



Bilberry

miinan

*Vaccinium ovalifolium*



Blueberries, bilberries, huckleberries  
– all berries – teach us to love our  
lands

*In a celebration of reciprocity we can  
protect the lands upon which the  
berries grow*

*In turn they give us the gift of a  
healthful life*

...now comes the time to hear  
the stories.....

